

checklist:

Fertility issues

- Clean up your environment to reduce toxicity. (see the section on Detoxifying within the HH course)
- Eat for nourishment and cut out all junk. (see the section on Nourishment within the HH course)
- Reduce busyness, free up your schedule; create lots of empty space in your diary.
- Increase pleasurable activities – make a list of the things that fill you with joy and do at least one of them each day.
- Practice cycle awareness. Make a note in particular of your needs and tendencies at different times of your cycle and aim to support your needs and feelings more.
- Chart the fertility signs simply as a way to explore your fertility cycle and get to know your body more intimately rather than to target conception.
- Set an intention for fertility during menstruation and let the cycle give you feedback on what you mind, heart, body and spirit need to bring you into alignment with it.
- Try to give yourself up to 3 months 'off' from trying to conceive. Practice sexual abstinence and only indulge in foreplay. This will take the pressure off you both and allow you to focus on yourself and get to know your cycle as a source of sustenance, support and healing.
- Focus on creating a feeling of fertility in all areas of your life. Which parts of you or your life aren't flourishing? Which areas need love and attention? What is on hold, out of balance or stuck?
- Of course we recommend you pursue all other avenues of investigation and treatment (including the basic fertility tests, professional nutritional support, acupuncture, herbs, homeopathy etc)

- And we highly recommend getting emotional support on your journey. Visit The Fertile Body Method for a selection of [guided visualisations](#) and the [INUK](#) for a list of local support groups.